

The History and Evolution of Clogging

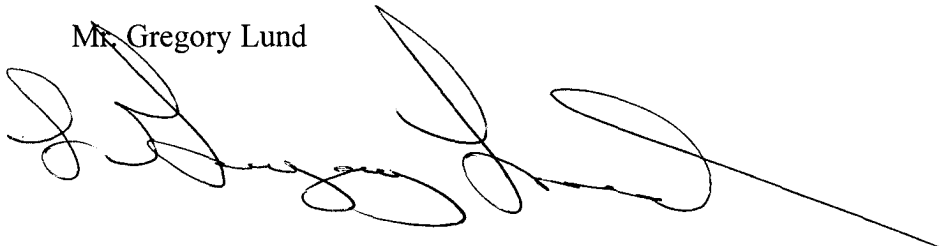
An Honors Thesis (HONRS 499)

by

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Thesis Advisor

Mr. Gregory Lund

A handwritten signature in black ink, appearing to read 'Gregory Lund', with a long horizontal flourish extending to the right.

Ball State University

Muncie, Indiana

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Abstract

Dancing is a wonderful way for people to express themselves. There are so many styles of dance in our world today, and each of these dance styles had to evolve from something before it. That is how a new dance is born. Old styles of dance are changed or combined to form something new and different. In order for everyone to appreciate dance, it is important for them to be exposed to many styles of dance and learn how it evolved. This helps people understand why each dance style is special and unique. Clogging is one style of dance that is not as well known in the United States by most people in the general public. This thesis project is made to showcase this wonderful style of dance as well as educate the public about what clogging is and where it came from. I will present the findings from my research about the evolution of clogging, show a video of traditional Irish dancing (which greatly influenced clogging), as well as perform a modern clogging routine I choreographed myself. I want everyone to hear about the history as well as see what clogging looks like today in order to gain a greater appreciation for this special dance style.

Acknowledgments

-I would like to thank Mr. Greg Lund for working with me as my advisor on this project. He was helpful in providing ideas, research materials, and a place for me to showcase my thesis project.

-I would also like to thank Dr. John Emert. He was helpful and supportive of my initial idea after our honors class trip to Ireland. He also helped me to find my thesis advisor.

-I would also like to thank my friends Megan Fannin and Sarah Burns who participated in my clogging routine. I appreciate their time and effort in learning their parts for the dance. They helped to make my dance a success.

Motivation/Testimony for Embarking on this Project

As my senior year approached, I began to give great thought to my honors thesis project. My major is dietetics, and I had originally decided to do a project with one of my dietetics professors about calcium and osteoporosis. However, all of those plans changed after my trip to Ireland. In the March of 2009 I went to Ireland with Dr. Emert for an honors colloquium class. I had many great experiences while on this trip, and it is something I will never forget. One of my favorite things I was able to do while in Ireland was dancing on stage with real Irish dancers. The hotel we stayed in had Irish dancers perform each night. The dancers had a routine where they took volunteers from the audience. I volunteered right away and was able to dance with them. It was a great feeling to be on stage and see what traditional Irish dancing looks like up close.

I have always had a love for dance. I took dance lessons at a studio for 9 years. The studio offered a variety of dance styles. I took classes in ballet, Hawaiian, acrobat, jazz, country line dancing, and clogging. My favorite style of dance is clogging. I had never heard of it before taking the lessons at my studio. Since it is not as popular as tap or ballet, many people do not know much about it.

After I returned from Ireland, I had to finalize the plans for my honors thesis project. I knew that I had already planned to do the osteoporosis study, but when I thought what I am very passionate about, something else came to mind. I love my major in dietetics, and I am very passionate about that, but my trip to Ireland inspired me to go in a different direction with my honors thesis. Clogging is a very important part of my life, and I know that many people do not know what it is. After taking many weeks to think about my options, I decided to develop a presentation that would focus on the history and evolution of clogging.

How Project Developed

I had an idea about how the project was going to be from the beginning, but I altered it in some ways throughout the process. My plan was to research the history and evolution of clogging, and then choreograph a modern clogging routine to perform. I was originally going to perform the dance to *Sweet Dreams (Are Made of This)* by Eurythmics. After choreographing a dance to the song, I realized it was not the best performance I could do. The song was not right for what I wanted to show the audience. I started to look for a different song to choreograph another routine. I went through many dance songs ranging from country to hip hop, but nothing seemed to fit. One day I was listening to Michael Jackson and realized that most of his songs would be perfect for clogging. After listening to them carefully, I chose *Beat It*. This song is very special to me because it is the first song I remember dancing and singing to as a child. I have videos from when I was only 3 years old dancing to this song. Michael Jackson influenced so many people and types of dance with his music and unique dance style. I thought this was my turn to showcase how much of an influence his music has made. His death was a tragedy, but I am going to use this project not only to demonstrate clogging, but to pay a special tribute to the music of Michael Jackson as well.

Although the song was perfect for clogging, there were still some issues that I had to overcome before I could perform a dance. First of all, the version of *Beat It* that I had was four minutes and twenty seconds. The longest routine I have ever done was three minutes and forty seconds. The extra forty seconds does not sound like a long time, but when dancing, it seems much longer. There was also a middle section in the song with a long guitar solo that lasted for almost a minute. This guitar solo is very good, but it was hard to choreograph clogging steps to because there was not much other music in the background. Another issue with the song was

that it did not have a clear ending, but just faded out. I wanted to have a distinct ending so I could end the dance strongly.

In order to correct these issues, I went to the library and used a computer program called Audacity. I uploaded my song to the program and spent two hours cutting and pasting parts of the song in order to create the perfect clogging routine. I took out the end of the song and matched it with a part from the beginning of the song. There was a clear place to end the dance in that section, and it all fit together perfectly. Next I took out part of the guitar solo. This process was difficult because if it is not cut in the right spot, it will not flow well. It took me many tries to get the guitar solo to flow well after being cut. In the end, part of the guitar solo is there, but now it is thirty seconds shorter. I listened to the completed song many times before I was satisfied that it was perfect. After two hours of work, I had a perfect mix of the song that was three minutes and thirty seconds and had a clear ending. I am so glad that I was able to change the music to fit what I wanted the dance to show.

I choreographed the clogging part quickly because this song has distinct beats. There are specific places to accent things and add extra moves that fit well with the song. There is a twenty four second introduction before I start to clog which I had trouble with choreographing at first. I watched the *Beat It* music video to get some inspiration for that introduction. The whole video is about two groups of people that are fighting and Michael Jackson breaks them apart. I decided to have two of my friends represent the two people fighting and I will be Michael Jackson. My friends and I choreographed the fighting part together and then made it lead smoothly into my clogging. Even though it is only a twenty four second introduction, it gets the point of the video across. I also added a part in the middle of the dance for the two people fighting to come back in. During the guitar solo, they will circle and lunge at each other. This

represents the part in the music video where the two men are circling each other. I wanted to have a clogging routine which was creative and exciting. I think that the song choice as well as the choreography all work together to form a great routine which I am very proud to present to the public.

The research for this project proved to be more difficult than I expected. It is hard to find books in libraries specifically about clogging. I went to the Ball State Library, the Northmont Library, and the Dayton Metro Library. From these libraries I checked out a tap dancing history book, an Irish dancing book, and a few Appalachian clogging books. I got one book from my advisor which proved to be very helpful and let me find some more common ways to search for resources. The internet was also a helpful place to look for resources because there are many professional clogging websites that have a history about the dance. There are clogging magazines that I pulled articles from as well as the articles databases from the Ball State Library. It was a very challenging task to find resources that contained information which was relevant to my research. After many long hours of trying to find the perfect book and the best articles, I feel that my research is very solid. The research I did through all of my resources helped me to learn more about the origins and history of this dance style. By sharing this information, I hope to spread the knowledge of clogging for others to enjoy as well.

Summary of Research

History of the Dance/ How it Came to America

In order to appreciate modern day clogging, it is important to first examine its history and how it has evolved over the years. To begin with, “the word ‘clog’ is derived from the Gaelic word meaning ‘time’ and refers to the keeping of time by the feet,” (Knowles 15). Modern American clog dancing was first started in the Appalachian Mountain region. The Appalachian region was settled in the mid 1700’s, and many of the people who settled there were immigrants from Ireland, Scotland, England and Germany. Over time, “the folk dances of each area met and began to combine in an impromptu foot-tapping style,” (Driggs). When our ancestors arrived in the Appalachian region, they brought dance steps from their native lands. These steps were influenced by the Irish Jig and Scottish highland dancing. The Appalachian people, who lived in the region before the immigrants, liked these dance steps, and adopted them into their culture. There were more influences added from the Cherokee Indians, who also resided in the region before the immigrants (Duke 35-36). The African American slave population also added their own elements to this new dance style. In fact, “the infusion of black styles and rhythms gave clogging two dance elements it had thus far lacked: syncopation and body movement,” (Devin). Another example of the African American influence is the traditional music to which the dances were done. Most traditional music for clog dancing used the banjo, which was originally an African instrument (Seeger 10). Music was an important part of clog dancing because it set the rhythm and mood for the dance. The word clog has been used to describe any kind of “foot dancing to Southern string music,” (Seeger 10). The steps of the clog dances in the Appalachian region “consisted of rhythmic stomps that were traditionally danced to what we now call

Bluegrass,” (Idol). All of these groups of people contributed what they knew about dance, and it combined together to form a new style of dance that has continued to evolve into the modern clogging that we see in America today.

Irish Dancing

Irish dancing had a major influence on the dance style formed in the Appalachian region. When the Irish immigrants came to America, they brought their traditional dances with them. These dances included figure dancing, jigs, reels, and the hornpipe. Figure dancing is a slower style which uses soft shoes. This is different from the jigs, reels, and hornpipe which use hard-soled shoes and foot noise to accent the music. In these hard-soled shoe dances, a rhythm is created when the dancer strikes the floor with his toe or heel. These hard-soled shoe dances are done mostly on the ball of the feet. This is a major difference between the Irish jig style and the Appalachian clog dancing style because clogging is usually done on flat feet (Duke 63). The jig is one of the most commonly known types of Irish dancing in the United States. It uses both heel and toe sounds, but the upper body is almost motionless. The hands are held close to the sides or on the waist. Even though the dancer’s upper body is not moving much, the “feet and legs [execute] elaborate and intricate movements,” (Knowles 7). These intricate movements are all very fast, and each movement emphasizes the music. The feet make the sounds when the dancer kicks forward and pulls back. The foot hits the floor both going forward and coming back toward the body, but it is important that the dancer has a strong effort to make the sound very clear.

Irish dancing shoes are a key part of the dance. Without the proper shoe for each specific dance, the sound and feel of the dance would be lost. Currently, the shoes used for jigs have

“plain leather uppers and leather soles with built up toe pieces, so that the dancer can get greater sound from their beats,” (Whelan 42). Most people think that taps make the sound during a jig. However, it has always been tradition that the Irish dancers have no metal on their shoes. The sounds heard are all created from the dancer manipulating the position of the feet and how they hit the floor. Today, there are many competitions in the United States for Irish dancing, and metal taps, such as those on tap shoes, have never been allowed in Irish dance competitions because “this would mean that their own beats were artificially assisted and therefore not recognized as pure beats,” (Whelan 42). Even though metal taps are not allowed, the dancers can use other material that is more durable than the traditional leather such as fiberglass or plastic heels. This helps prevent wear and tear on the shoe and produces a better sound quality (Whelan 43). Overall, many aspects of Irish dancing are still seen today in modern clogging. Without the influence from our Irish ancestors, this form of dance would not be what it has become today.

Lancashire Clog Dance

Another important influence that came from overseas was called the Lancashire clog dance. This style of dance originated in England in the 1800’s. In Lancashire, England, the cotton mill workers were under horrible conditions due to long hours as well as cold and damp weather. To help keep their feet warm on this damp cold weather, the people of the mills wore shoes with a sole made from a solid piece of wood. During that time, the shoes were called ‘clogs’. While at work during those long and tiring days, the female mill workers “tapped their feet in their wooden-soled clogs to keep time with the rhythm of the shuttles that went back and forth on their looms,” (Knowles 15). The wooded clogs made rhythms on the hard floors, and

soon created a type of dance for the women to express themselves with these rhythms. These types of rhythms combined with the jig, reel and hornpipe steps to form what was called clog dancing. During breaks at the mill, the workers took these tapping rhythms and danced in the cobblestone streets outside the mills while wearing the wooden soled shoes (Knowles 16).

While dancing in the streets, contests were started, and people would try to have more intricate rhythms than the others. The contests made this type of dancing become very popular throughout Lancashire as well as the rest of England. The Lancashire clog dance first came to America in the 1830's by British and Irish sailors. When the dance arrived in the Appalachian region, it changed and combined with other forms of dance (Knowles 212). This style of dance had a great influence on clogging in America. It brought with it many intricate rhythms and a style that was different from the Irish jigs. Without the arrival of the Lancashire clog dance in America, the evolution of the Appalachian clogging would have been greatly altered.

Other Dance Styles in the Appalachian Region

There were many styles of foot dancing throughout the Appalachian region. Most of the dances were “gay and boisterous Reels, Jigs, Scamper-Downs, and Square Dances,” (Duke 14). Flatfooting was also a very common dance style in which the dancer's feet were kept close to the ground and was “mostly concerned with making clean sounds that fit the music to which they are dancing,” (Bernstein 13). Clogging was not even necessarily known as clogging in all regions. The same form of dancing could have been called “flat-footing, foot-stomping, buck dancing, [or] jigging...” (Devin). All of these dances formed as a result of the immigrant influences throughout the years. Even though they had different names, they were very similar and all used the feet as a way to make the rhythm.

There were some competitions involving these dance styles, but these dances were originally done as recreation. Most of the competitions were for square dancing. Earlier in this century, most Buck, Clog, Jig, and Step dancing were considered rude. Therefore, when there were competitions for square dancing, the step dances such as the buck, flatfoot and clog were not included. Sometimes these dance styles were done at a separate time than the square dances, but they were not appreciated by the onlookers. However, this all changed by the late 1970's when the, "Big Circle and Team Clogging had become the main styles and many Square Dancers were sneaking off to Clog Dance class," (Duke 25-26). Popularity of these foot dances increased, and now there are even competitions for cloggers. The clogging competitions seen today are "a modern blend based on the older flatfoot, buck, and hoedown styles," (Seeger 10). These older styles of buck and flatfoot dancing developed into what we now know as modern clogging which is currently increasing in popularity across America.

Movements of the Dance

A very important part of understanding clogging is to understand the movements of the feet and how the sounds are made. Clogging is always done in time with the music. Usually the movements are made to the downbeat, while the heel keeps the rhythm (Driggs). There are two types of movements in clogging. These movements are the toe and the heel. The toe movement is done on the upbeat of the music, while the heel movement is done to the downbeat. The toe movement is first, and is followed by the heel. The heel movement is very important because it keeps the rhythm of the dance. Knee action is also a very important part of clogging. For example, whenever the heel movement is made, the "knee is flexed and then straightened on the

following upbeat resulting in the characteristic up and down motion of the dancer's body," (Driggs).

One movement that is critical to know about clogging is called the double toe step. This step is the basis of almost all routines and new steps that are formed. It is done by kicking forward from the knee. Then the leg falls back naturally. When the foot is kicked forward, the shoe makes "two quick sounds: a tap as the ball of the foot brushes forward and another tap as it brushes back," (Devin). To complete the step, this double toe movement is followed by stepping onto the ball of the foot which kicked forward. The first two sounds made when kicking forward and coming back "fall on the upbeat, and the step falls on the downbeat," (Devin). Another major characteristic of clogging is the movement of the body in an up and down motion. Overall it is very relaxed and bouncy, but it is essential to the dance because of the knee action. The knees create much of the motion and visual effects of clogging. The knees are usually kept slightly bent on the downbeat and then straighten on the upbeat. It is imperative that "both knees bend and straighten simultaneously..." (Devin). The reason this knee action is so important is because it makes the dancing easier. Even though it does take effort to kick forward and pull back, "the action is augmented by a bend of the standing knee," (Duke 63). Overall, there are three essential parts of clogging. These essentials are the loud and fast footwork using steel plates on the shoes, keeping a rigid torso, and using the up and down knee motion. All three of these elements are what defines clogging as a different style of dance than others that may look similar.

Clogging versus Tap

Tap dancing and clog dancing are very similar styles of dance. While they are very similar in their history as well as the style, there are ways to differentiate between the two. The history of tap and clogging are very similar, and both dances have many of the same influences. However, one major difference in the history and evolution of the dances is that “clogging was traditionally done recreationally, rather than as a performance,” (Idol). Tap was used in shows such as musicals and plays. Tap and clogging are mechanically similar to each other, but if looked at closely, some differences can be found. Tap is very theatrical and accents the melody of most music, while clogging is used to keep the rhythm of the dance, and accents the beat or background of the music. Tap dancers hit their steps on the downbeat while cloggers hit on the upbeat and stomp their heels to the downbeat. The heels are used in clogging much more than in tap, which uses the toes (Idol). Shoes are another way to tell the two styles of dance apart. Tap shoes have one metal plate on the heel and toe of the shoe. Today, clogging shoes have double taps on the heel and toe. Although tap and clogging are similar, it is important to know that there are differences in both the history as well as the actual form of dance.

The Shoes

The shoes used in clogging are an essential part of the dance. Without the proper shoes, clogging would not be what it is today. The traditional clogging shoes were first worn by the cotton mill workers in Lancashire, England. The shoes worn when dancing in the cobblestone streets were “made from a shaped wooden sole with a leather upper...” (Knowles 16). These wooden shoes were called clogs, which is partially where the name of the dance came from. As time moved on, the people of Lancashire tried adding embellishments to the shoes such as “brass

jinks shaped like horseshoes...onto the heels..." (Knowles 16). When the mill workers would dance in the streets with the metal on their shoes, the shoes would "actually spark when struck against the stones..." (Knowles 16). As the popularity of clogging spread throughout England, the wooden clogs began to be replaced by shoes made of material that was not as hard as wood. Most of the newer shoes were made of leather which was much easier to work with and more comfortable to wear. Just like the wooden shoes, metal was added to the leather ones as well. Instead of using brass jinks, copper pennies "were attached to the heels to accentuate the sound during dancing," (Knowles 17).

As clogging came to America and changed in style, the shoes also changed with it. Before the introduction of metal taps to the shoes, wooden-soled shoes were still worn when clogging. Since the shoes were made of wood, the type of dance was called buck and wing, or clog (Knowles 137). In the 1930's, most clogging shoes did not have metal taps on the toes. There were only taps on the heels. Shoes with taps on the both the toes and the heels started to gain popularity on the mid-1950's (Duke 60). The clogging shoes of today are made of leather and have double taps on the bottom. These double taps are sometimes called 'Steven's Stompers'. They are two metal plates that are joined together and strike together with each step. These special taps are unique to clogging, and allow clogging to have its distinct sound.

Popularity in America

When the early form of American clogging first began in the Appalachian region, it was mostly done as recreation. As time went on and more people became interested in this unique style of dance, competitions started to develop. In one of these competitions, there was a group who called themselves the Soco Gap Dancers. Sam Queen was the leader of this group. In

1928, they won the Annual Mountain Dance Folk Festival “with a routine featuring precision mountain figures accompanied by freestyle step dancing,” (Driggs). After their win, this group became well known for their energy and fast footwork. In 1939, the Soco Gap Dancers were invited to perform at the White House. Queen Elizabeth of England was there, and when she saw them perform, she said it was just like the “clogging” from England. The term stuck with the group, and then they were known as the Soco Gap Cloggers. Their group became so popular over the coming years, that most “cloggers today recognize Sam Queen’s team as the first official cloggers,” (Devin). Since the time of the Soco Gap Cloggers, clogging has increased even more in popularity in the United States. There are many competitions throughout the country, and almost everyone enjoys watching the quick footwork and fun style of the art of clogging.

Modern Day Clogging

There have been so many influences from so many different cultures which have helped to make a difference in how the style of clogging has developed today. Clogging has been “transformed from a regional American folk dance to a worldwide recreational activity,” (Bernstein iii). Today, there are many new and old dance styles that have come together to create the modern clogging style. Some styles that modern day cloggers are incorporating into their routines are “tap, jazz, hip hop, cheerleading, and Irish step dance...” (Idol). Clogging used to be a recreational activity where one person would dance and then another would follow. Many cloggers do solo routines, but there is also “precision clogging, in which dancers do choreographed steps in unison...” (Seeger 10). These precision clogging routines are often used in competitions, and involve intricate footwork and fast music. The group routines are just

another example of how much clogging has changed over the years. Clogging today is spreading in popularity. There have been clogging groups on popular television shows such as *America's Next Best Dance Crew* and *So You Think You Can Dance*. Even though there are competitions and contests for clogging, there are still people who have never heard of or seen clogging. It is important to spread this special dance style to as many people as possible so it can be enjoyed by everyone in the years to come.

Presentation Synopsis and Audience Reaction

I presented my honors thesis project on Wednesday December 9, 2009. The presentation was in Ball Gym room 213. My presentation included a PowerPoint, a video of Irish dancing, and a performance which I choreographed myself. The PowerPoint presentation had information from my research about clogging and its history. The Irish dancing video was from my trip to Ireland. I used this video to illustrate traditional Irish dancing. My dance was choreographed to *Beat It* by Michael Jackson. After much trouble with the PowerPoint projector and sound, I was finally able to give my presentation.

There were not many people in the audience, but those who did come were very responsive and interested in the subject. The audience seemed to enjoy my presentation as well as the dance. After my dance, I asked if anyone from the audience had questions. One person asked me if I hear how the clogging steps should be in the dance when listening to music. I told him that I mainly pay attention to the beat of the music. This is what the heel movements are based on. I also said that I listen to music differently now that I clog because I focus on how clogging steps would fit with the music. Another person in the audience asked me how I choreographed my dance. She asked if it was based off of steps I already knew or if I made up

new steps for this dance. I told her that I learned a lot of steps when I took lessons. When choreographing this dance, I used those steps as a basis, and added more or changed the steps to make everything flow with the music. I thought that the audience had great questions, and I appreciated their enthusiasm and excitement they showed toward my project.

One of my friends was able to video tape the presentation, and I enjoyed looking back and watching the dance as well as the presentation. I am very happy with how I performed the dance. I had no mistakes, and everything went well. I had not seen the dance on tape before, so it was a good way for me to reflect on my performance. I was pleased with how it looked from the audience's perspective. I wanted the dance to go along with the *Beat It* music video. After watching it on tape, I think that there were good components that matched the idea of this music video.

Overall Reflection on Project

This project allowed me to accomplish my goal of teaching others about clogging. One of my friends who came to my presentation said that my PowerPoint was very interesting because she never knew all of that information about clogging. She said it was very informative and it helped her to appreciate clogging even more. After hearing this comment, I felt like this whole project was a success. I really wanted to spread the word about clogging and let others gain an appreciation for this wonderful form of dance.

This project was an eye-opening experience for me. I learned so much about the history of clogging and the science behind the movements. I was able to learn a lot from doing the research. There was so much information about clogging that I never knew before. Even

though it was hard to find my resources and good information, it was worth the hard work and perseverance. My research was very thorough and it helped tie in my video of Irish dancers and the routine I choreographed. Thanks to the honors college, I was able to do this wonderful thesis project which was beneficial not only to the audience, but to me personally as well.

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History and Evolution of Clogging

Honors Thesis Presentation by:
Lindsay Schultz

About Me

- ▶ Senior Dietetics Major
 - Minor in Food Management
- ▶ Took dance lessons for 10 years
- ▶ Jazz, ballet, Hawaiian, acrobat, country line dancing, clogging
- ▶ Been clogging for 7 years
- ▶ My motivation for doing this project.



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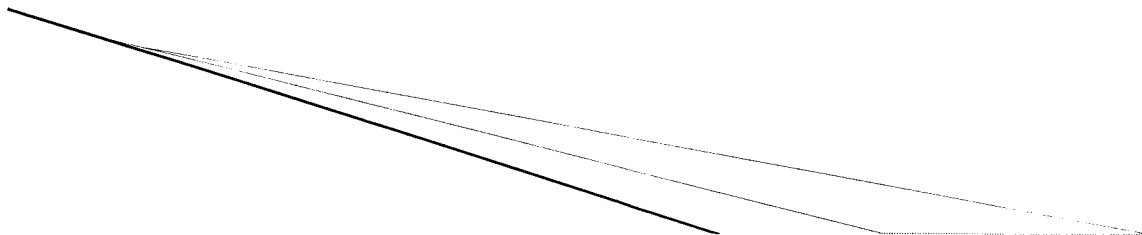
What is Clogging?

- ▶ Dance which uses the feet to keep the rhythm and time of the music
- ▶ Traditionally done to Bluegrass music
- ▶ Today uses much more modern music
- ▶ American dance form
- ▶ Uses special shoes



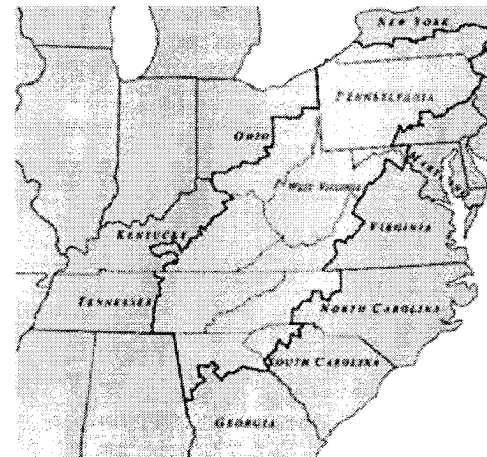
How did it get the name clogging?

- ▶ Word 'clog' derived from Gaelic word meaning 'time'
- ▶ Refers to the keeping of time by the feet
- ▶ The type of shoe worn in the early times were called clogs.



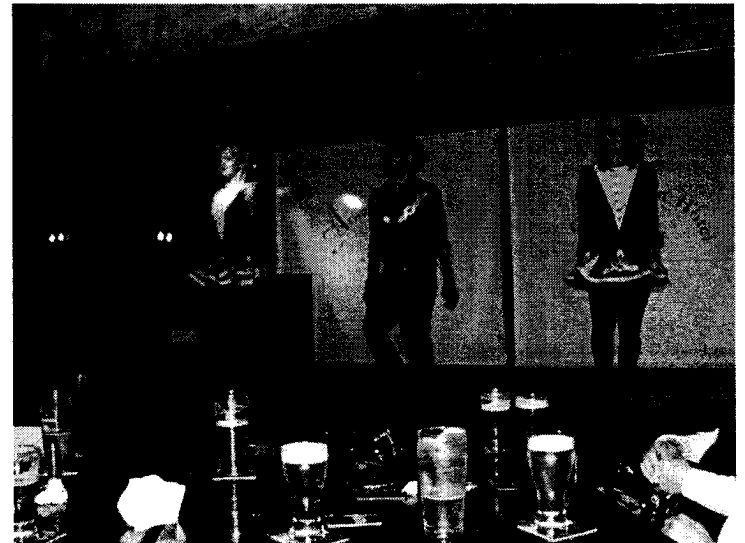
Where did it come from?

- ▶ In 1700's, immigrants settled in Appalachian Mountain Region
 - Irish, Scottish, English, Dutch Germans
 - Brought their folk dances with them
 - Blended together
- ▶ Later influences from Cherokee Indians, African Americans, and Russian gypsies
 - These people resided in the region before the immigrants arrived



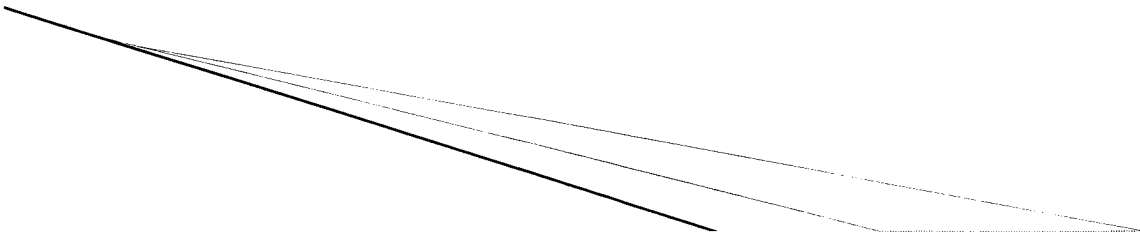
Irish Dancing

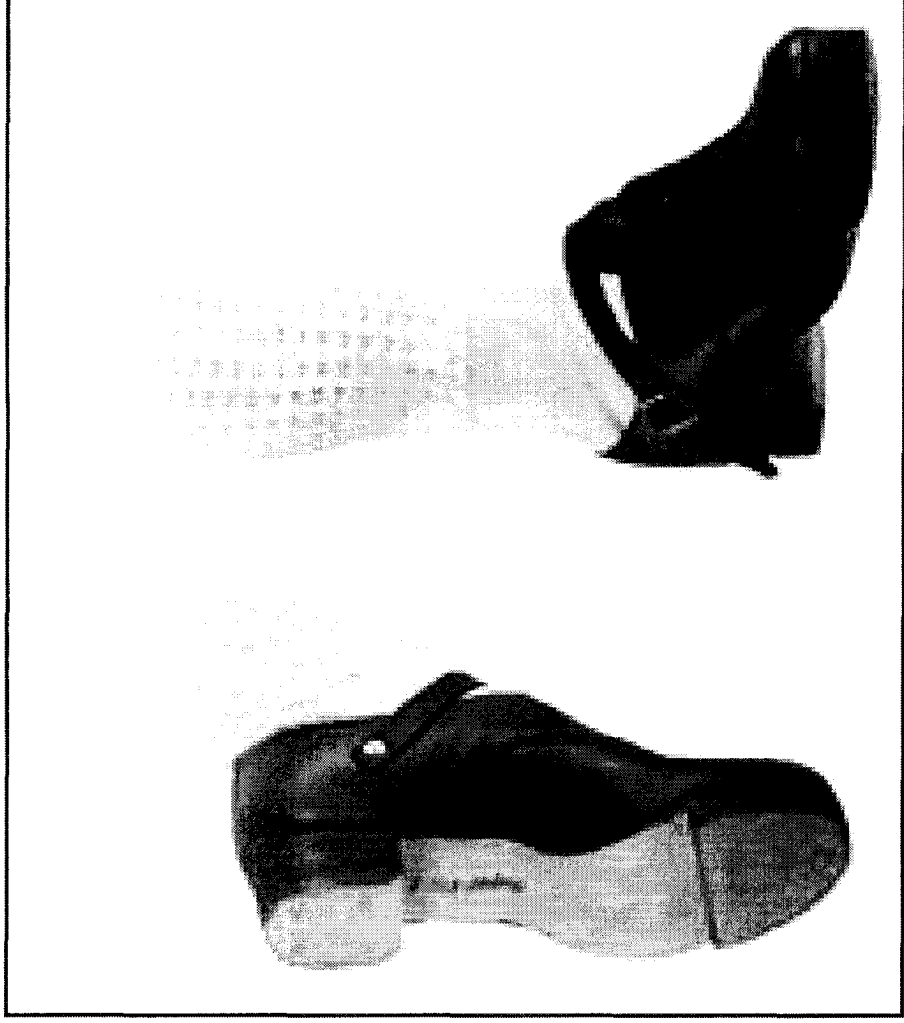
- ▶ Jigs, Reels, hornpipes
 - Hard-sole shoe dances
- ▶ Rhythm is created when dancer strikes the floor with the heel or toe
- ▶ Done on ball of foot
 - Clogging done on heel
- ▶ Hands held at the side of the body



Irish Dance Shoes

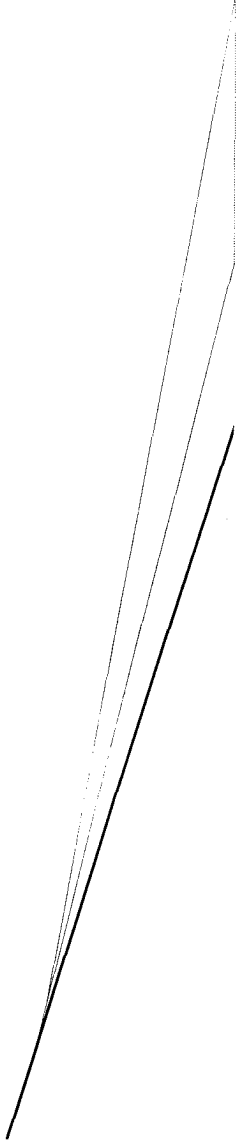
- ▶ Shoes do not have metal
 - Sounds made are created by dancer manipulating feet and how they hit the floor
- ▶ Can have fiberglass or plastic heels
 - Prevent wear and tear on shoes
- ▶ In competitions, metal is not allowed
 - Would be counted as having assistance to make the sounds of the feet





Irish Dancing Shoes >>

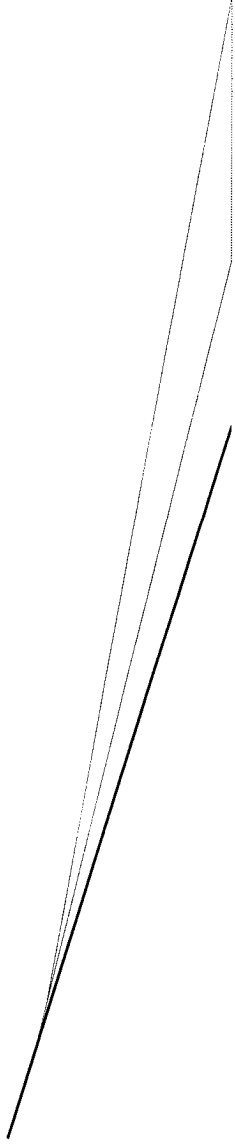
Hard Sole Shoes used for jigs



Dinner and show only €29,95

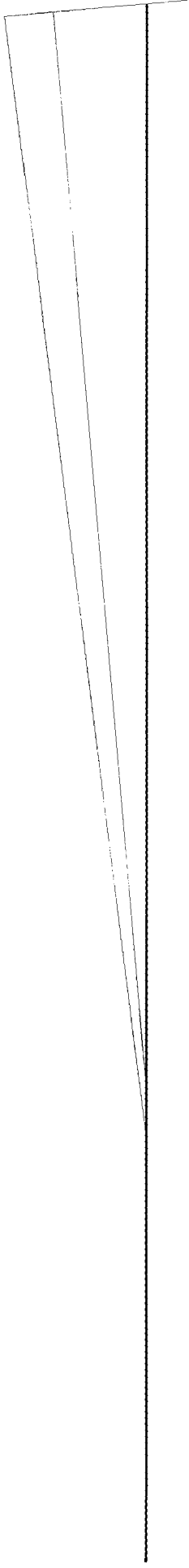


ARLINGTON HOTEL IRISH DANCERS



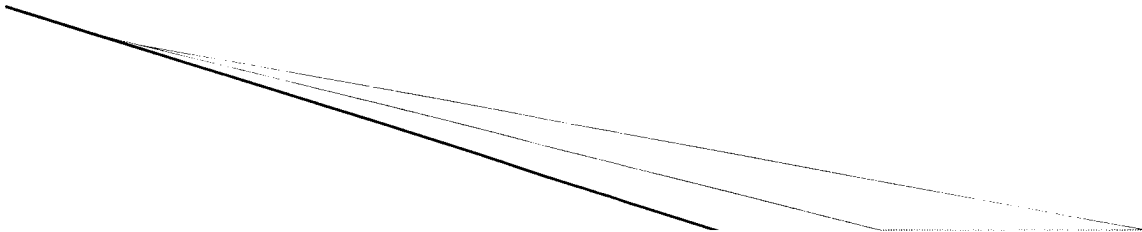
Video of Irish Dancers

Arlington Hotel in Dublin, Ireland
March 2009



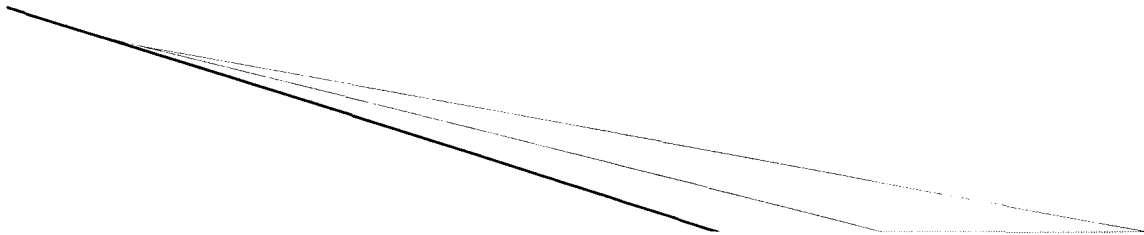
Lancashire Clog Dancing

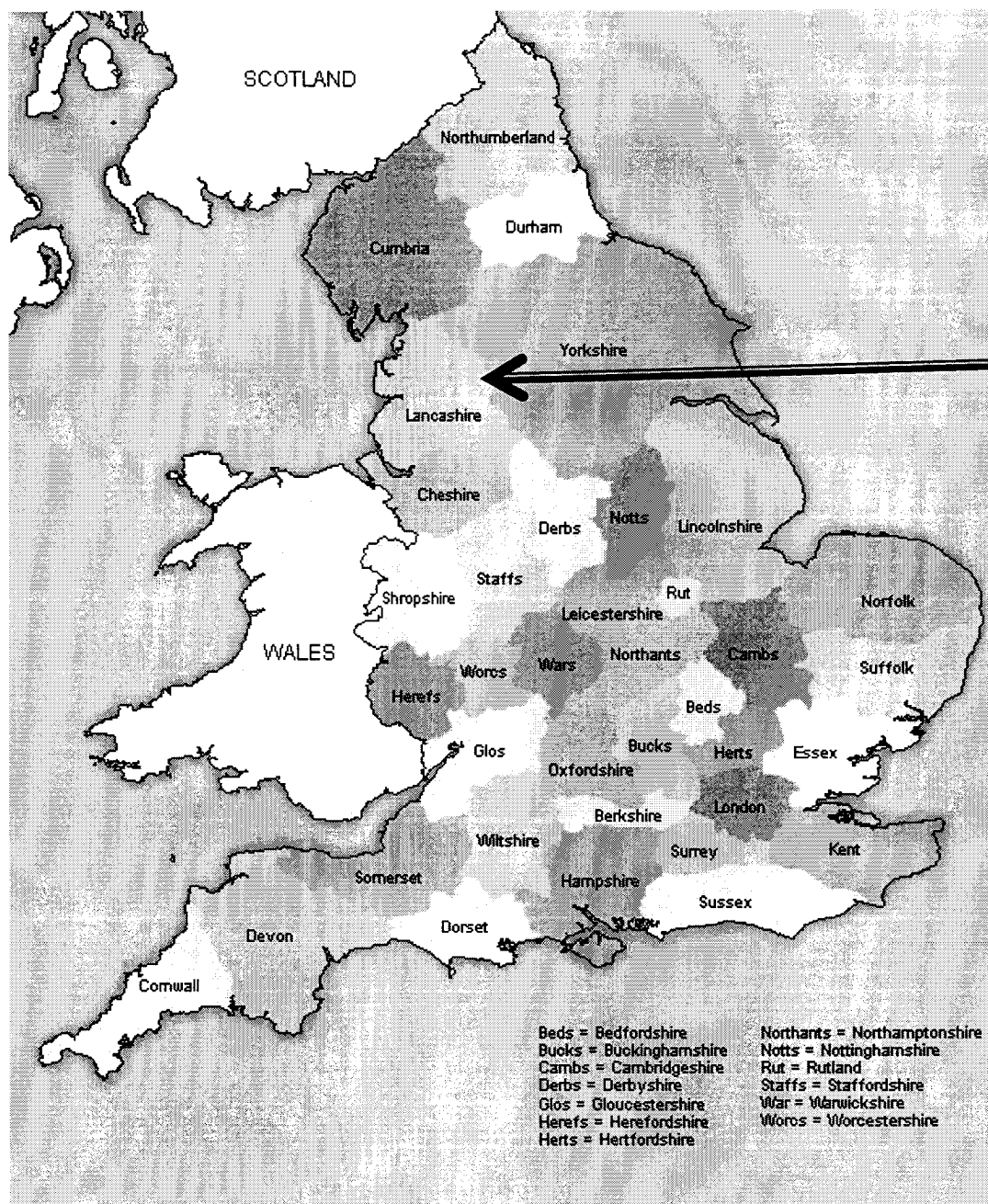
- ▶ In 1800's in Lancashire, England
- ▶ Cotton mill workers were under horrible conditions
 - Long hours
 - Cold, damp weather
- ▶ Wore shoes with wooden soles
 - Called clogs
- ▶ Female workers tapped wooden-soled shoes to the beat of their looms
 - Created rhythms when the wood struck the floor



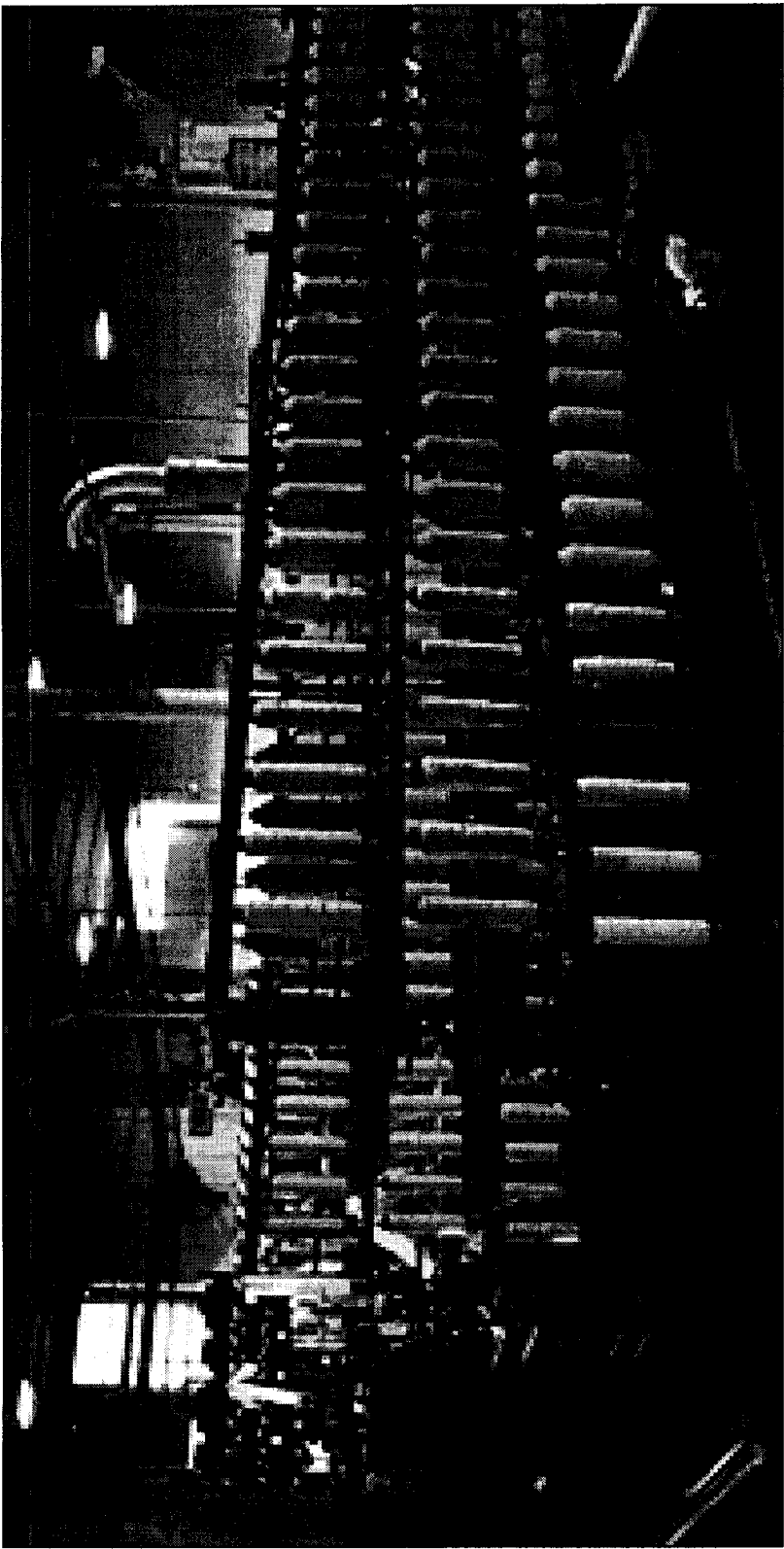
Lancashire Clog Dancing

- ▶ During breaks at the mills, workers would wear these shoes and dance in the cobblestone streets
- ▶ Contests developed
- ▶ The popularity of this dance spread through Lancashire and eventually, the rest of England
- ▶ Came to America in 1830's
 - British and Irish sailors





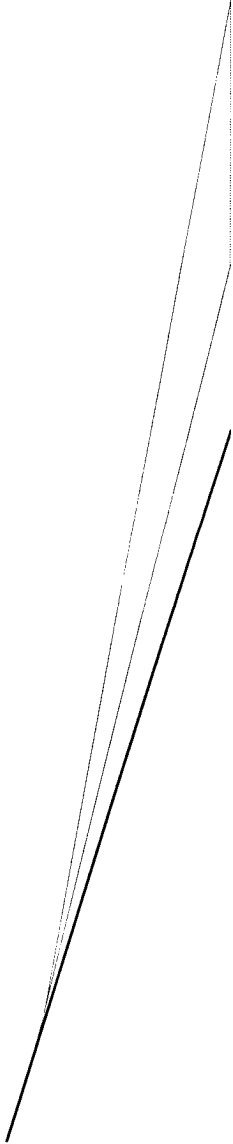
Lancashire County

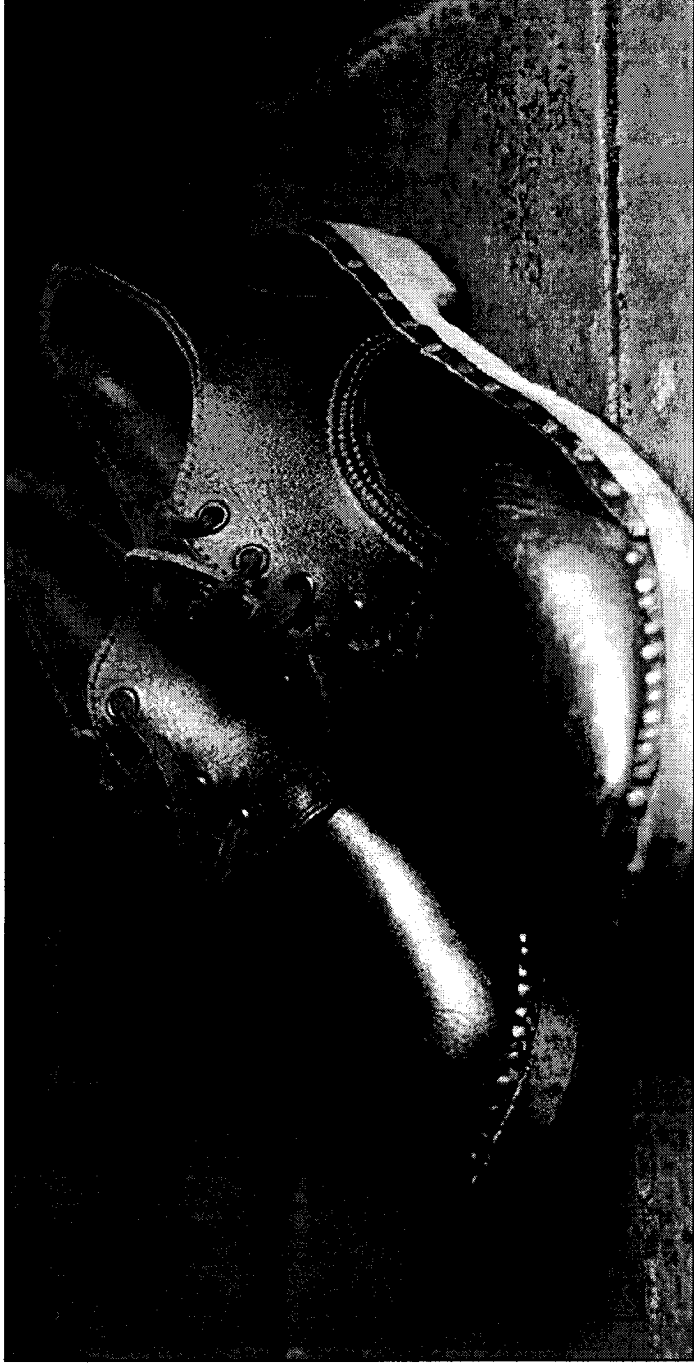


COTTON MILL IN LANCASHIRE



Where clogging first began

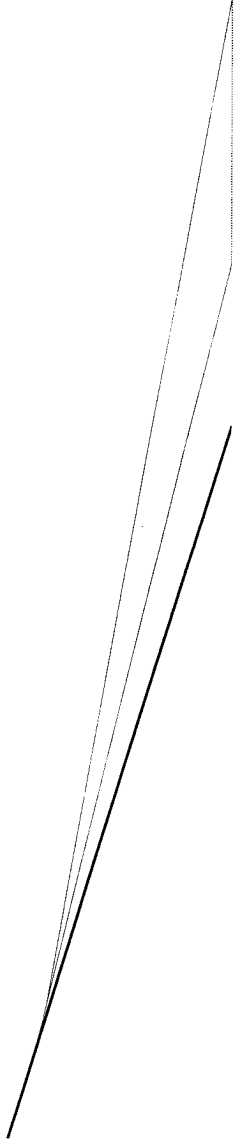




TRADITIONAL LANCASHIRE CLOG SHOES



Notice the wooden sole



Appalachian Dancing

- ▶ Clogging not always called 'clogging' in the Appalachian region
 - Flatfooting
 - Buck
 - Jigs
- ▶ Had square dancing competitions
- ▶ Clogging became popular in 1970's



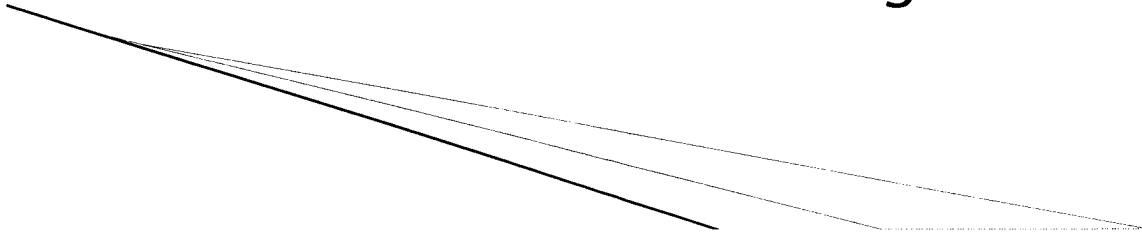
Movements of Clogging

- ▶ Toe movements are on upbeat of music
- ▶ Heel movements are on downbeat of music
- ▶ Heel keeps the rhythm of the dance



Movements of Clogging

- ▶ ‘Double toe step’ movement is basis of clogging
 - Kicking forward from knee
 - Leg falls back naturally
 - Makes two quick sounds: tap as foot brushes forward and another tap as it comes back toward the body
 - Followed by a step on the foot which kicked forward
- ▶ Knee action is very important
 - Creates up and down motion of the body
 - Knee flexes and straightens as legs kick forward



Essentials of Clogging

- ▶ Loud, fast footwork
- ▶ Steel plates on shoes
- ▶ Rigid torso
- ▶ Up an down knee motion



Clogging vs. Tap

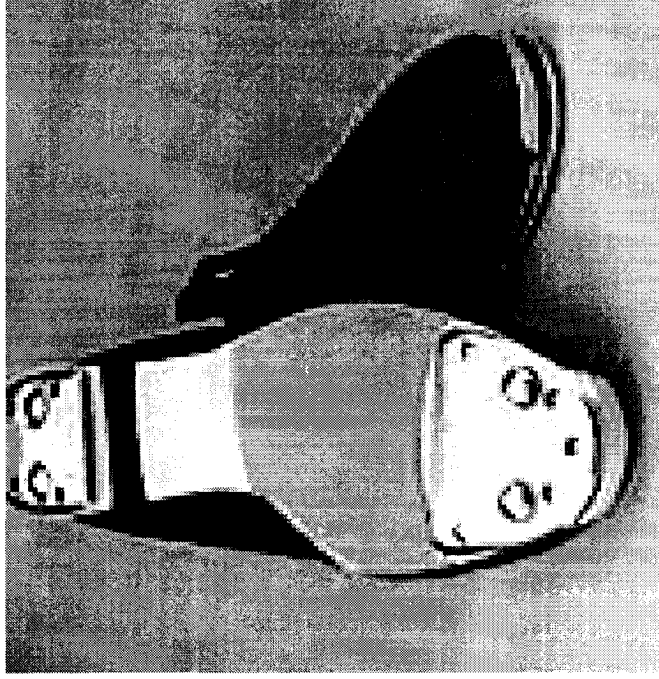
Clogging

- ▶ Traditionally done recreationally
- ▶ Accents the beat of the music
- ▶ Hit upbeat with toe movements and downbeat with heel movements
- ▶ Heels are used more

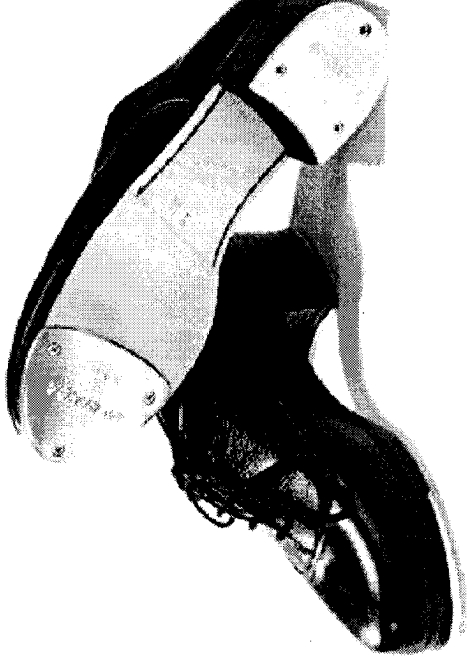
Tap

- ▶ Traditionally used in shows and performances
- ▶ Theatrical
- ▶ Accents the melody of the music
- ▶ Hits toe steps on the downbeat
- ▶ Toes are used more

Clogging Shoe

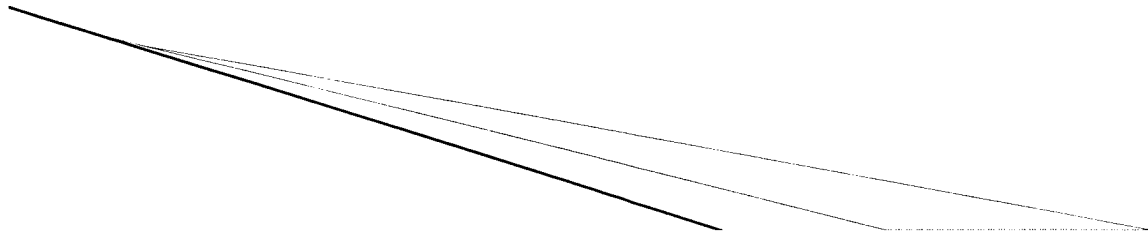


Tap Shoe

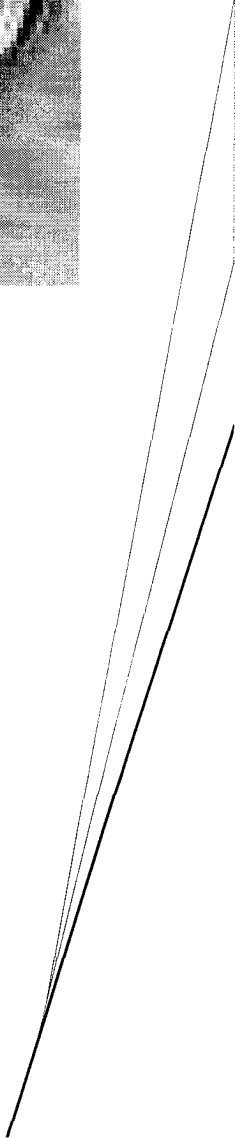
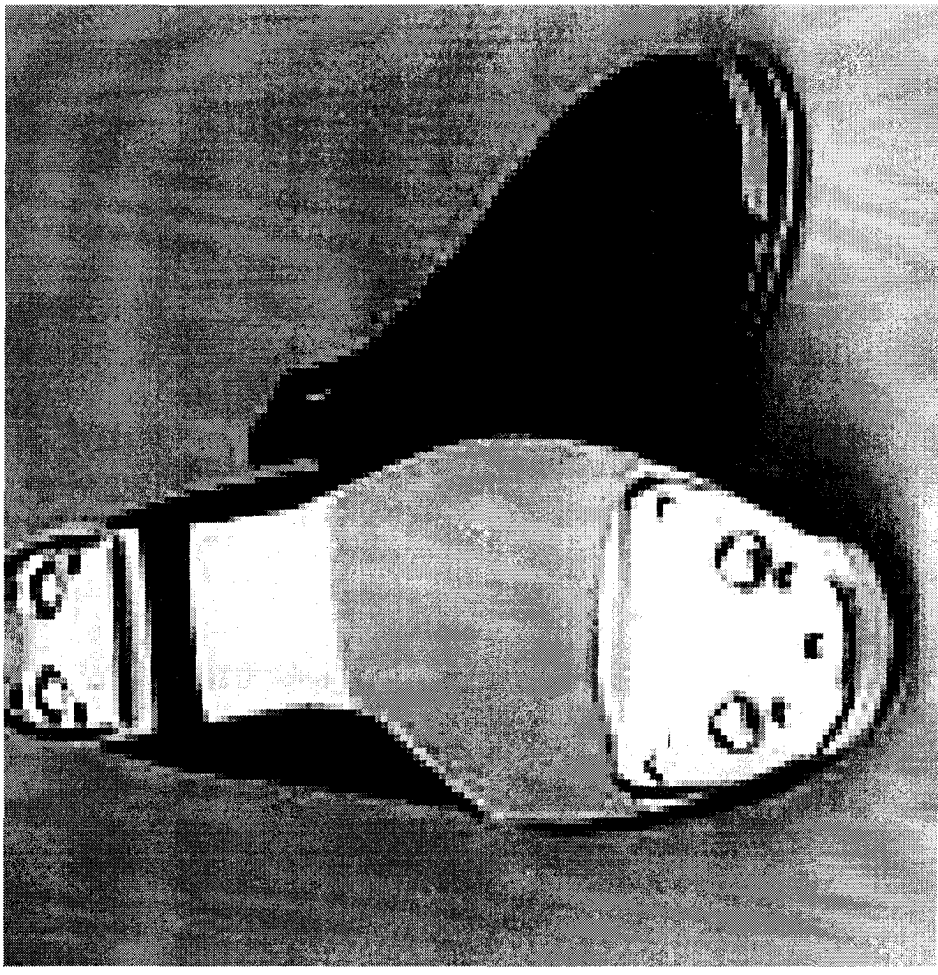


Clogging Shoes

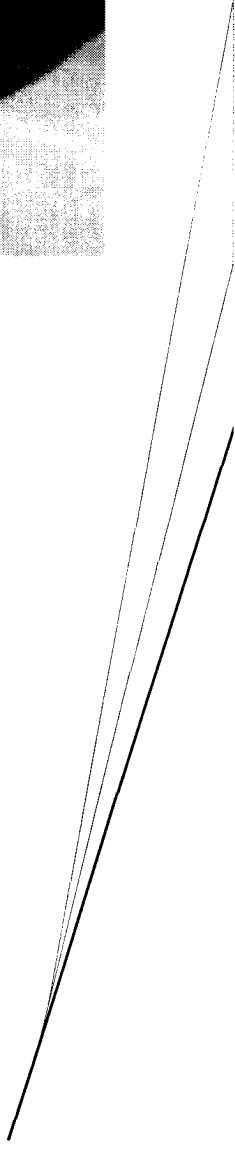
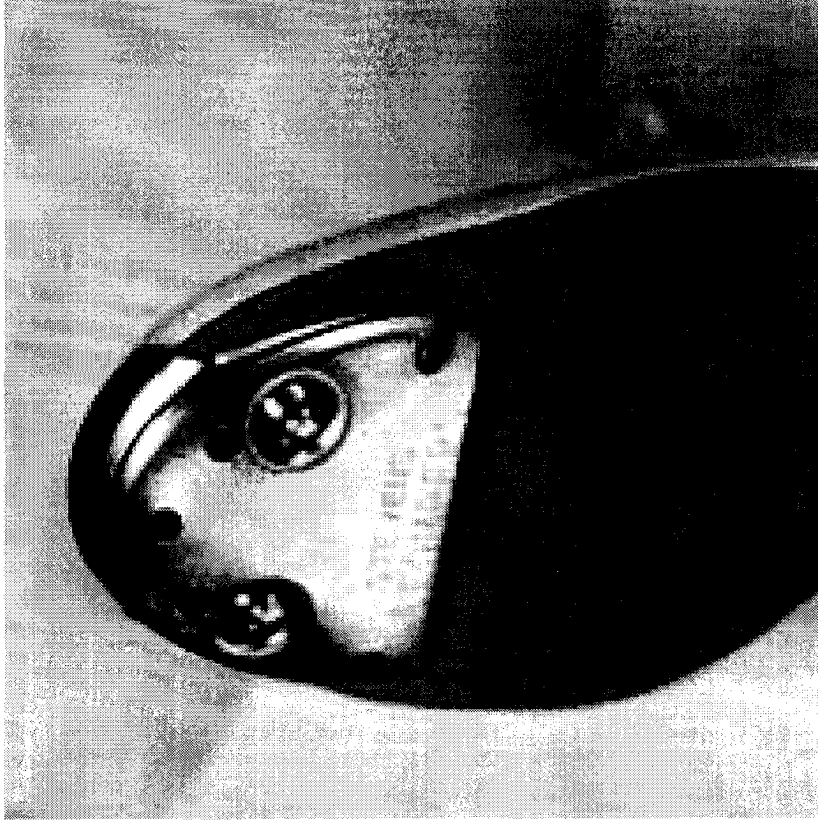
- ▶ Started as shoes with wooden soles
 - Lancashire clog
- ▶ Added on metal to the heels
 - Brass jinks shaped like horseshoes
 - Later used copper pennies
- ▶ Leather shoes replaced wood
- ▶ Taps on both the toe and heel became popular in 1950's
- ▶ Today's shoes are leather with double taps on the bottom of heel and toe



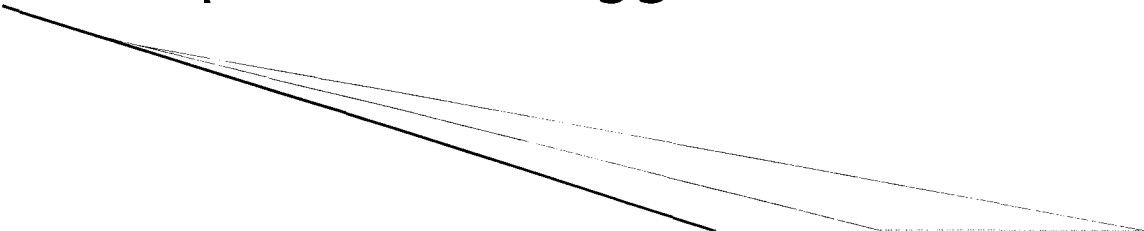
Clogging Shoes



Double Taps or 'Stevens Stompers'

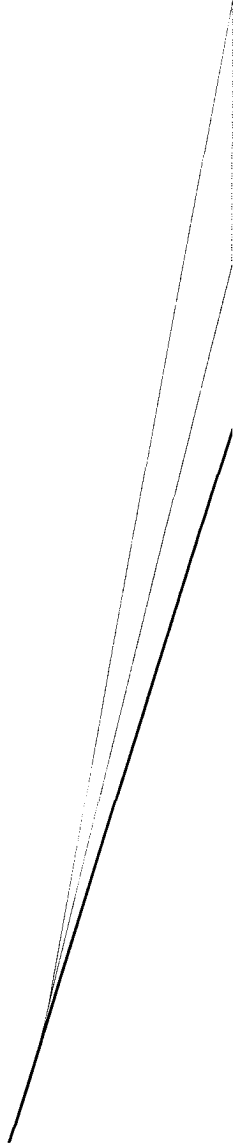


Popularity in America

- ▶ Soco Gap Clogging group
 - Sam Queen was leader
 - ▶ Won Annual Mountain Dance Folk Festival in 1928
 - ▶ Group gained popularity over the years
 - ▶ In 1939, the group was invited to the White House to perform
 - ▶ Queen Elizabeth of England was there and said their dance looked like clogging in her country
 - The name stayed with the group
 - ▶ They became known by many as the first official precision cloggers in the U.S.
- 
- Three thin, slightly curved lines of varying lengths and shades (black, grey, and light grey) extending from the left side towards the bottom right of the slide.

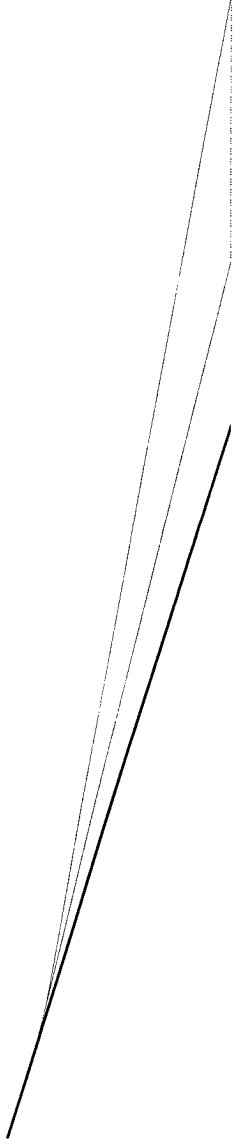


SOCO GAP CLOGGERS »»



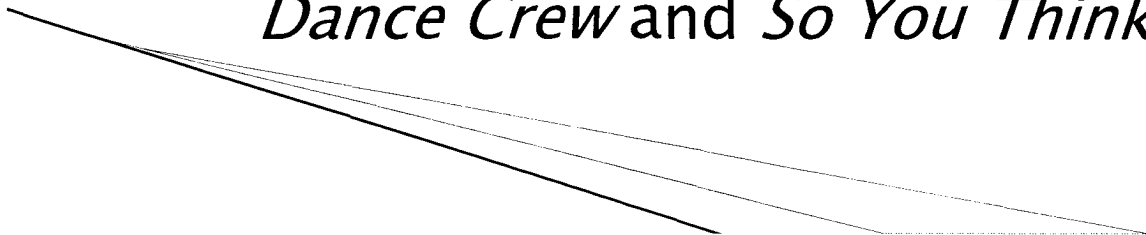


SOCO GAP CLOGGERS



Modern Day Clogging

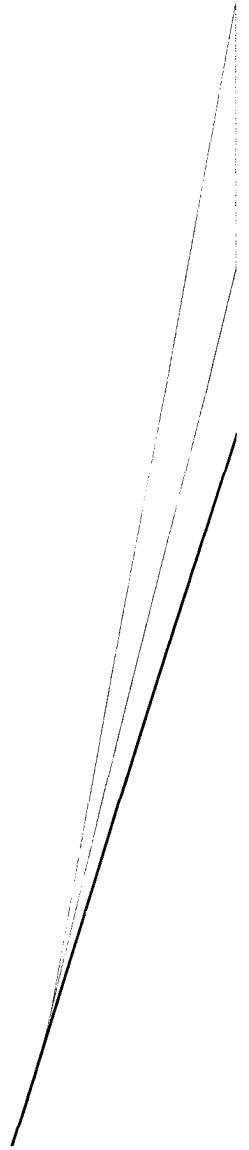
- ▶ More styles of dance incorporated into clogging today
 - Jazz
 - Hip hop
 - Cheerleading
 - Country
- ▶ Precision routines used in competitions
- ▶ Use modern music
- ▶ Increasing in popularity
 - On television shows such as *America's Next Best Dance Crew* and *So You Think You Can Dance*



Southern Mountain Fire Cloggers

North Carolina Cloggers

CLOGGING COMPETITIONS >>



And Now...

A Modern Clogging Dance

Choreographed By: Lindsay Schultz

Special thanks to: Sarah Burns & Megan Fannin

